

# Business Matters

## Low and Inside (The law of attraction)

By Jack Doxey

**I grew up in New York City back in the 1930s and 40s. I played a lot of sand lot baseball and aspired to be a major league player.**

We played in an inner city baseball league and I'll never forget one very crucial game. It was the ninth inning and we were leading 4 to 1. It was the bottom of the 9th inning and the other team was at the plate. They had bases loaded with two out. Up to the plate strides Lefty Morrissey, who under the right conditions could hit the ball three city blocks. His adversary was our best pitcher Tony Deluca. Now Tony wasn't about to let the other team take the game away from us. If he could get Lefty out we would go on to play the winning team in the borough of Brooklyn.

Just as Tony stepped up to the mound, our manager called time out and strode out to the mound. He put his arm around Tony and said the following: "Do not pitch low and inside to Lefty." The manager headed back to the dugout, but stopped and turned around and was about to say once again no pitches low and inside. Before he could finish Tony interrupted him and said "Yea, I know no pitches low and inside."

Tony once again walked up to the mound, went into his delivery and threw the ball. Lefty Morrissey swung and hit a grand slam home run and in the process broke Mrs. Ryan's window in the tenement house across the street. The other team won the game 5 to 4.

The next day, to console ourselves, we all gathered around our favorite hangout, Fitzsimons and Kiernan's Bar and Grill. Of course Tony was there, still sullen and angry for

giving up the winning home run. He told us: "all that our manager kept telling me was don't throw the ball low and inside. And guess what, that is exactly what I did. I threw the ball low and inside just where Lefty likes the ball and the rest is history. He hit the home run to win the game and we don't move on to play in Brooklyn." Tony continued to complain and said: "Why did my manager tell me where not to pitch the ball? Why didn't he tell me where he wanted me to pitch?"

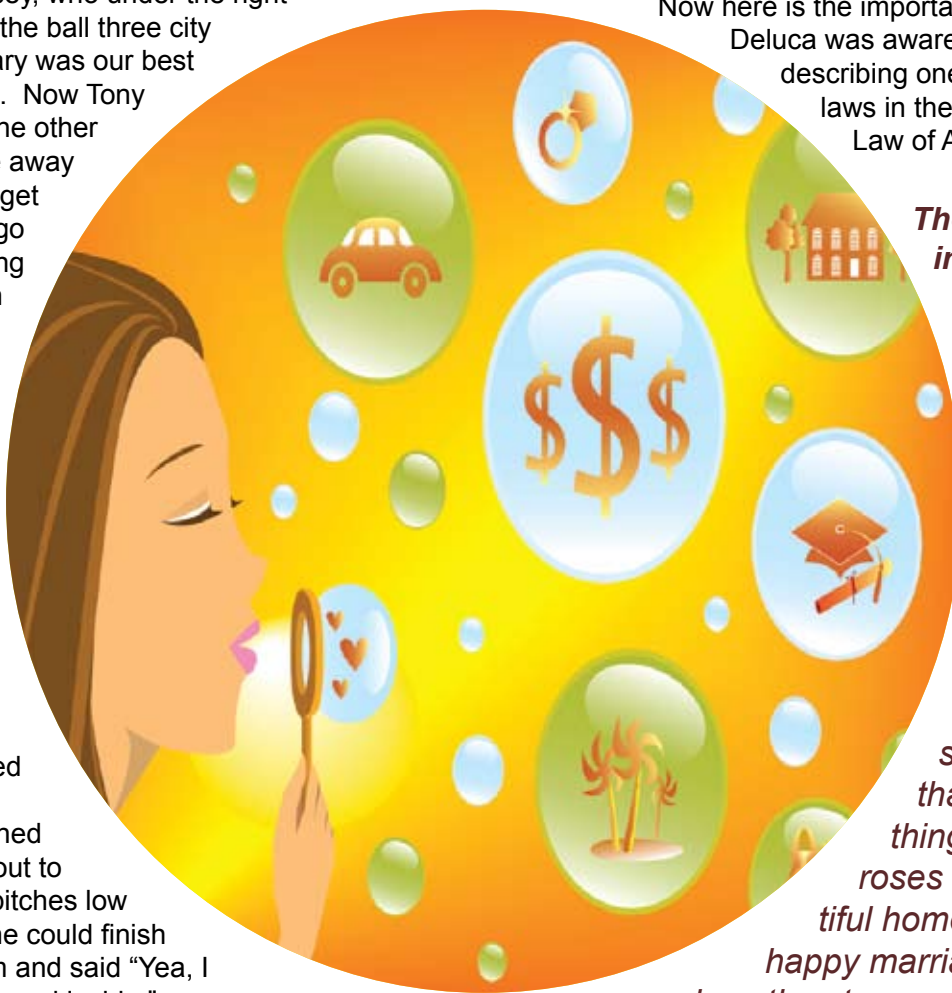
Now here is the important part: Whether Tony Deluca was aware of it or not he was describing one of the most important laws in the universe and that is the Law of Attraction.

**The Law of Attraction in its most simple form is:**

*What you think in your mind you will produce in kind. Everything you experience in life is simply what you thought about at one time. Think for a moment about some very successful people that you know. Everything seems to come up roses for them. The beautiful home, lots of money, happy marriage etc. You know how the story goes. People who are not experiencing the same success tend, at times, to say these people seem to have all the breaks going their way. In other words they attribute it to luck.*

Not true folks, these people have found the greatest secret in the universe the Law of Attraction. It works every time. What you consistently think of and believe in will become your reality.

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Case in point: Poor Tony Deluca was constantly thinking low and inside and it was so strong in his mind that he did just that-- served it low and inside. Now we know that is not what he wanted to do, and that's not what his manager wanted him to do but they became victims of the law of attraction by thinking negatively.

Now the important thing to remember is that in order for this Law of Attraction to work you must monitor your thoughts. There are two types of thoughts-- good thoughts and bad thoughts. If you consistently dwell on the negative your experiences in life will be negative. The law will work just as hard in making you a failure, as making you a success in life. It assumes that you are monitoring your thoughts and if you insist on thinking negative the law will produce negative outcomes. In other words you will experience trouble and

turmoil in your life.

Let me end with a very positive example: I was privileged to be witness to the birth of the JW Charitable Giving Organization. The group created a Mission, a Vision and a set of Values to work to and the rest is history. The orphanage in Mexico came into our reality. Notice how beautifully things fell into place. The wonderful grateful Catholic nuns, the smiles on the faces of the orphans when they witnessed the beautiful transformation of the boys' dormitory. It didn't happen by accident. It is the work of the Law of Attraction.

I'll be the first to admit that I have entertained a lot of low and inside thoughts in my life time, but I am getting better, especially when I know that the right thoughts will produce the right results every time without exception.

## Your beach ready abs are just 3 exercises away!

**Let's face it most of us have kept our abs covered up in those cold winter months, and holidays haven't helped much either with the condition they are in. Whether we like to admit it or not, most of us have packed on a couple of pounds over the past few months. Now with only a couple of months left until beach season and one look at the condition of our abs, it's time to get to work! This abs routine consists of only three simple exercises that don't require you join the gym or hire a personal trainer. All that's required is a little open space, a ball, and some consistency on your part.**

### 38 Plank

*What it works:* core

**Execution:** Start with forearms parallel to each other with elbows right under the shoulders and on your toes. Your hips have to be the same level as your shoulders, then draw your bellybutton in towards your spine and hold for 20 to 60 seconds.

**Sets:** 3

**Reps:** 20-60 seconds

### Crunch/Leg-lift combination

*What it works:* abs/core

**Execution:** Start with the ball in your hands, go up in a crunch and lift your legs up at the same time, then pass the ball from your hands to your feet then lower both down.

**Sets:** 3

**Reps:** 12-20

### Ball Side Crunch

*What it works:* oblique/core/low back

**Execution:** Place the ball under your hip and anchor your feet along the bottom of the wall. Keep your top leg as straight as possible, shoulders and head lie over the ball to stretch the oblique. From bottom position start the flexion movement from the midsection.

**Sets:** 2-3

**Reps:** 10-15



- Impact Fitness